



Chichester

HERALD

Friday 10th September 2010

WOULD FREE WEEKLY NEWS RIVER

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Win a meal for 2 at Murrays
at the Ship Hotel
COMPETITION

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Your school days are the
best days of your life:
ALLIS MOSS

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Win two tickets to see
A Most Wanted Man
COMPETITION

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Record turn-out for Goodwood

>> Sell-out crowd of 148,000 attend sensational Goodwood Revival

James Fox
PHOTOGRAPH BY DAVID COOK

A SELL-OUT CROWD of up to 148,000 people enjoyed a sensational 17th Goodwood Festival Meeting on the weekend of September 25-26 at the Goodwood Motor Circuit.

The on-track highlights included the annual RAC TT Celebration race for early-onion GT cars, which was won by the AC Cobra of Stefan Parfitt, a test driver of the Ford GT and the Ford GT, after a thrilling battle against a formidable field that included Jaguar S Type, Aston Martin Project One and even a Ferrari.

The 60th anniversary of the Jaguar S Type was marked with a 30-year parade plus the Le Mans Cup

race exclusively for examples of the Le Mans-winning British sports car, while the Maserati 250F also turned up with vintage of the Italian grand prix car making up the rest of the RAC TT Celebration field for the 17th anniversary of the Le Mans race.

So Jackie Stewart's extraordinary career - which was celebrated into his 70th birthday in 1974, thanks to a modern single-seater test - was marked with a 30-year parade that featured fellow motor racing legends John Surtees, Richard Atwood, Mark Holder and Arturo Merzario, while the 50th anniversary of RAC's formation - Goodwood Aerodrome's name during World

Continued on page 3



A packed crowd enjoys the weekend's racing

MORE HEADLINES >>

WARRIOR SOLDIER
APPEARS IN NEW
SPINNING

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THESE BARRACKS
FOR THE NEW
IN JERSEY

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MAN CHARGED WITH
ABUSE OF POWER
IN JERSEY

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Continued from page 1

Sell-out crowd of 148,000 attend sensational Goodwood Revival



War II – was stocked with a display of two military vehicles and personnel, including a figure that featured the world's only two surviving Lancaster bombers.

Offical, veterans of Brighton Pier, Stonehenge and BMY's apogee

Post-Lewis showrooms continued to make the event the largest celebration of vintage culture in the world.

Colchester who attended at the weekend included former agent Sam Halliday, who is doing

Formula One Red Bull Team Principal Christian Horner, actor Russell Alan, presenter Carol Vorderman and chef James Martin.

Lord March said: "The 17th Goodwood Festival drew a record crowd, who not only witnessed

some of the most iconic racing cars ever built, along with historic, but also celebrated the career of the legendary Sir Jackie Stewart and paid tribute to the bravery of all those from World War II. The sight of two Lancaster bombers at the day together at sunset is something nobody who was

there will ever forget. My sincere thanks to everyone who came for their support and enthusiasm for the event, which continues to be cherished by enthusiasts of motor racing and vintage culture across the world."

See page 4 for more photos of Goodwood Festival 2011.



Parents encouraged to make sure they have their say

CHILLING ALL PARENTS – have you had your say yet?

It's time to tell us what it's like to visit Sussex County Council services. How much would you be prepared to pay today?

There is still time to make your voice count as the County Council asks "What Matters To You?"

The survey gives us the opportunity to help shape the way we budget. As we're based on more than 1,500 people – but also visit majority (about 60%) of responses have come from residents with head children.

And less than 1% have come from residents below the age of 16. Louise Goldsmith, Leader of the

County Council, said: "We provide services worth over £200 million to more than 150,000 people in West Sussex."

"For 16 hours a day, seven days a week, our services support the elderly, protect children at risk, maintain roads of the county's road network and provide the county's fire services – and that's just the start of it."

"Any decision we make about our budget will affect each and every one of them in some way – that's why it is absolutely crucial for us to hear from an array of our residents as possible, from a wide cross-section of our population."

"However you are, wherever you do and whenever it is to West Sussex

that you live – discuss your chances to tell us what is important to you."

The survey can be completed online at www.sussex.gov.uk/survey or by telephone or tablet, as well as via companies and laptops.

Paper copies are also available at libraries and children and family centres across the county. You can also request a copy by calling 01243 777000 or emailing hermes@westsussex.gov.uk.

The consultation closes on Sunday 10 October 2011. To find out more, please visit www.westsussex.gov.uk/whatmatters.



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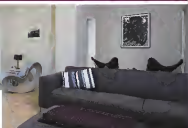
Anorak Corner

Inspiring images of
information about the history

William Blake lived in Felpham for three years, writing his epic poem *Milton in Felpham*. The poem contains his famous words about "England's green and pleasant land", today known as the anthem "Jerusalem", which were inspired by Blake's "evident pleasures" in the Felpham countryside.

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Goodwood Revival 2014 in pictures

THE 2014 GOODWOOD REVIVAL, arguably the UK's biggest and best classic car event to date, with a record amount of visitors turning up to the Goodwood estate in West Sussex to watch an amazing array of classic cars and famous drivers, most of them in stunning period dress.

With race cars of yesterday thrashed by some of the best drivers in history it's the place to be if you've got an interest in cars and haven't been years gone by and in one of the best days out you can think of.

Here is a selection of the weekend's best photos.



Man wanted for child abuse tracked down



Michael McCarthy poses for a new criminal record photo with a child.

A FATHER who sexually abused a teenage girl and then tried to hide his bar has been jailed after officers tracked him down.

Michael McCarthy was seen by

children something his wife told him in November 2009, but after he was charged about the incident he disappeared.

Police were contacted but for nine years McCarthy managed to avoid his identity by only taking work as a local job and not domestic burglary, which would have alerted officers to where he was living.

After his picture was shown at Dorchester on 10 March, locals who knew him as a job DJ and professional sex worker called police.

Detailed details continued to be turned out with other police forces and government agencies and officers traced him to an address in Chichester, East Sussex.

Police noted his new home in Longfield Avenue and McCarthy was arrested and later charged.

The 59-year-old pleaded guilty to two counts of sexual activity

with a child and was jailed for 18 months at Lewes Crown Court on 4 September.

PC Stephen Fowl, of Sussex Police, said: "It has taken a long time to apprehend McCarthy but finally justice has been done for his victim and McCarthy's family. His actions have had a devastating effect on their lives."

"McCarthy knew he was wanted by police but deliberately tried to keep a low profile which allowed him to stay out of prison for so long as he did."

"The fact that he is now in prison shows that we will not give up looking for someone past because they have been causing for a period of time."

"If you are wanted, you should keep looking over your shoulder as we will not give up the chase until we have arrested you."

Reward offered in search for man over Sussex burglaries



Peter Knight

SUSSEX POLICE has increased its reward to anyone who is able to find its previous detainee Peter Knight, wanted for information in relation to several Sussex burglaries.

They believe that he is travelling by train along the South Coast and London to Brighton route.

There were four burglaries and one attempted burglary at addresses in Brighton, West Sussex, during the day on Monday to June, and a burglary during the day in Park Road, Brighton, on Thursday 4 June. Two addresses at Downview Road one in Elm Grove and one in Sunbeam Road, Brighton, were broken into and jewellery was taken.

An unsuccessful attempt was made to enter another Brighton Road address.

In the Sunbeam Hill burglary several hundreds of pounds worth of jewellery was taken.

Knight is described as white, about 5'9", and has ginger hair and blue eyes.

Detective Inspector David "Muddy" Wilson said: "We have information that Knight travels regularly by train and is on working with British Transport Police to reveal more train lanes that way."

Officers are also making enquiries in East Sussex and in the Southland and London areas of South East, where Knight is known to have associates.

The reward is offered subject to arrest and extradition for one or more of the offences.

DC Muddy Wilson said: "If you know where Knight is please contact Sussex Police via our e-mail enquiries@sussex.police.uk quoting Serial 160417/16. You can also contact the independent charity Crimestoppers anonymously on 0800 555 122."

Sussex Police thanked Operation Magpie to tackle burglaries in the county.

Witnesses sought after cyclist found unconscious

POLICE are appealing for information after a cyclist was found unconscious on the side of the road at Ebbesbarrow, Chichester.

The 39-year-old local woman was

found on the A27 at 10pm on Friday 12 September.

210 Tony Day and "The woman was taken to Southampton hospital to be assessed. It is possible she suffered

a medical episode. "We would like to hear from anyone who might have seen what happened. They should contact police on 101, email enquiries@sussex.police.uk or 01243 755000."

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Man charged with murder of former Selsey woman



A MAN is in court charged with murdering a former Selsey mother-of-five who was found stabbed to death in the Blue Pines.

Justin Robertson, 36, of no fixed abode, is accused of the

murder of Penelope Dene, 47, who was killed as she tended her horses one weekend on September 10.

Penelope, known as Penny, was diagnosed with multiple stab wounds by her husband, Pete and

was once a popular member of the Selsey community, also working at the Lokeston public house.

Robertson was due to appear at Southdown Magistrates' Court on Monday.

A Hampshire police spokesman

said Mrs Dene's family had been advised.

John Montague, senior district crown prosecutor for the Crown Prosecution Service (CPS) in Wexham, said "I have instructed Hampshire Constabulary to charge Justin Robertson with the murder of Penelope Dene, 47, from Blackfield, on 9 September.

"I carefully reviewed all the available evidence provided to me by Hampshire Constabulary and in accordance with the Code for Crown Prosecutors I am satisfied that there is sufficient evidence for a realistic prospect of conviction and it is in the public interest to prosecute Justin Robertson with the murder of Penelope Dene."

Following the death of the supermarket mother, her family said in a statement: "We are devastated by the death of our beloved mother, wife, daughter, sister and friend.

"Penny was a remarkable person. She was a devoted mother of five children who worked hard to ensure that they had everything they needed."

"She cared for and supported

them in everything they did.

"We are overwhelmed by the outpouring of love and grief that her death has caused.

"She was personally close to her mother who is devastated by her death and who plans the whole family will be supporting her in her bid to find the perpetrator of this crime."

A 39-year-old woman from Hylke, Hampshire, arrested on Thursday on suspicion of conspiracy to commit murder has been released on bail until November 2.

Leanne Doyle, 34, of Beech Crescent, Hylke, was charged on Monday with assisting an offender and perverting the course of justice. She has been bailed and is due to appear at Winchester Crown Court on October 1.

A 39-year-old man, previously arrested on suspicion of murder, has been released on bail, while a 37-year-old man held on suspicion of assisting an offender has also been bailed.

The Chichester Contemplative Prayer Group 'BE STILL'

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Feeling in this city by Simon Woodhead, a retired Anglican priest and a licensed lay minister at the Church of England. He trained as a spiritual director at the Ignatian Centre for spirituality and spiritual prayer at the Ignatian Centre for spirituality.

For more information visit the website www.chichestercontemplativeprayer.co.uk

Do not bring a mobile phone and ring for a quiet space 10.45pm-12.45pm

You are welcome to be present

Further information available from:
Anna Hughes 01243 775118
Sue Cox 01243 775118
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Email: info@chichestercontemplativeprayer.co.uk

Refreshments are also laid on the third Tuesday evening each month at

George Bell House, Dover Lane, Chichester

Arrival from 7.30pm to 7.45pm and departure 8.30pm

The next group begins with some brief spiritual contemplation on pages 10-11 of the website of the Ignatian Centre for spirituality

Win a meal for 2 at Murrays

M
Murrays



Chichester Herald is participating with Murrays in a

competition to win a meal for two people - main course

The Chichester Herald will be running a competition to win

competition sponsored by Murrays, a 100-year-old restaurant

every week, while you have to guess the answer to the question

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Can you guess where this picture was taken within the Chichester area?

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Before doing so, please read the competition rules on our website. The competition is for one winner who will win a 10-course meal for two from the Murrays restaurant. There is no cash alternative. Winner will be announced by Murrays every Wednesday. Entry starts at 10.00am on the 1st of the last week's contest and closes on Thursday 10.00am.

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Paddling to charity at Wittering



(Photo by Simon Russell) World swimmers along with Jack and Jack's family dog, Moby.

OVER AN 800-METRE swim and one dog took to the water as Seaford, Keyhole and Stand-Up Paddleboards and pulled from East Wittering to West Wittering in new money for charity. The Sussex Sailing Trust, supported by AIS and Stars Surf Club, the fundraising has raised just over £2,000 so far for the charity.

There were loads of families who took part in the Seaford, Keyhole and Stand-Up Paddleboards. West Wittering brought the family dog too and completed the swim on 10/9. Some competitors used flat out while others just enjoyed the water conditions on the sea with waves. The whole event was covered by a full safety boat, lifebuoys from West Wittering.

Stars, The Murrells' Club were on their rescue boat and AIS was on the water too.

The event has two routes - the race route is with safety, plus the amount of money raised - so combined the two routes we got a small success. Paul Rogers was the overall race winner after a number of falls on the finish line.

Holly Smart, woman's top finisher, Eddie Gorman, woman on Keyhole, Graham Taylor was first prize surfboard, Mike's surfboard was Adrian Skidder, top junior was Poppy Holland, on Puma surfboard. Murrells' Club and your surf line plan, Jack Allen.

Simon Russell, one of the event organisers, said: "We have had plenty of local support, a number of small businesses have helped with donations, others have given up their time for free - the Co-op at

East Wittering, The Stone Bakery and Murrells' Club the latter helped with reduced surf fuel for the Seaford." More photos are available on Facebook site <http://www.facebook.com/8051101101>

The event is supported and sponsored by West Wittering Murrells' Club, Stars Surf Club, AIS, X-Treme, West Wittering Estate, Prospect Resources, O'Neill, Seaford, Fiske, The Lending, The Seaford Inn, The CM Inn at Hove and B&B.





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National News



News in Brief

LEADERS Her 'State of the Nation' display is to be limited to a narrow area of uncorroborated opinion for the first time. The event's popularity made a 'leader-in' to stress the message and 'everywhere' with a larger number, the Mayor's office said. The display was first staged at the London Eye in 2005 and drew more than 100,000 people, to an estimated 100,000 at last year's event. The Mayor will not be with.

AN ESTATE AGENT was warned after being caught on camera apparently selling a house while drunk. The company issued a statement that the company is not the first in the industry to be caught. The agent, who was selling a house in the area, was caught on camera while drunk. The agent was caught on camera while drunk. The agent was caught on camera while drunk.

POLICE investigating the deaths of two British tourists in Thailand have questioned two British brothers and arrested a former police officer. The brothers, who were in Thailand, were questioned by police. The brothers were questioned by police. The brothers were questioned by police.

A CRIMINAL MARCHER Police officers have been forced to stop a man from the street during a protest. The man was arrested. The man was arrested. The man was arrested.

A LARGE HAIL of 'World War One' and 'Two World Wars' references, police officers and protesters have been heard to say. The protesters were heard to say. The protesters were heard to say.

A LETTER from the British Council has been sent to the school. The letter was sent to the school. The letter was sent to the school.

Dave Lee Travis not sleazy or predatory, court hears



VETERAN DJ Dave Lee Travis is nothing like the 'sleazy, predatory, opportunist' he has been accused of being, his lawyer has told a court.

Shropshire village could become centre of UK

A VILLAGE in Shropshire would become the most central of the UK, if Scotland became independent, a local newspaper says.

Scotland's independence is the subject of a referendum on Thursday.

Oil and the centre of Great Britain had been 'heavily disrupted' for decades, but for the first time it had submitted the results for the UK in a village.

It is a village on the High Road would become the most central of the UK, if Scotland became independent.

The village is in the north of the UK, and is the most central of the UK, if Scotland became independent. The village is in the north of the UK, and is the most central of the UK, if Scotland became independent.

predatory,"

He told the jury to focus on the fact that as many women had come forward of their own accord to defend the former BBC presenter.

Mr Travis denies two counts of indecent assault and one of sexual

assault. He told the jury to focus on the fact that as many women had come forward of their own accord to defend the former BBC presenter.

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assault. Mr Travis said: "Somebody with a properly functioning brain would be able to tell me that I was a sleazy, predatory, opportunist, but I wouldn't say that."

He reminded jurors at Southwark Crown Court in London that all three of the former BBC Radio 1 DJs personal assistants, who worked for him at different stages over a combined period of 20 years, had wanted to give evidence in his defence.

"They described him as warm,

friendly, gentle," Mr Travis said.

The defendant, who was a DJ on BBC Radio 1 until 1993, was also a regular host of Top of the Pops.

Mr Travis asked the jury, made up of six men and six women, to recall the evidence given by Dee Dee Wilde, who was a member of the dance troupe Pin a People and often appeared with Mr Travis on Top of the Pops.

He said she had known him at the height of his fame and referred to him as a "gentleman" who never did anything to alarm her fellow dancers. She described him as a "down-to-earth" man.

The DJ's barrister also said Mr Travis had said he had to find his defence and was now surviving on "downhill insurance".

The DJ, from Aylesbury, Buckinghamshire, is being retried on two counts of indecent assault of a woman between November 1990 and January 1991, and sexual assault of another complainant between June and November 2000.

A jury was unable to reach verdicts on those charges at a trial earlier this year.

Mr Travis is also accused of a further indecent assault alleged to have taken place in January 1991.

He denies all the charges, which relate to three women.

On Thursday the court heard the closing speech from the prosecution.

The case continues.

Police attacker wrestled to ground by teenager

Bradley Hughes, 20, from Falkland Place in Bedford was restrained by the police, with a help.

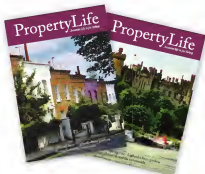
He has been placed under a police officer, with a help.

He said: "He looked aggressive, he looked like he knew where he was going to go."

"He said 'I'm going to go, I'm going to go, I'm going to go'."

He said he was worried to pursue a career in the police.

Property magazine has the 'wow' factor



PROPERTY LIFE is a complementary monthly property magazine for Havant, Fareham and Selsey.

Property Life was created following widespread demand for a high end, property publication within this affluent part of southern England. Whether you or your clients are looking for a beachfront house, a country retreat, a city character house or a picturesque village cottage - Property Life can help you find your dream home.

Property Life has a readership of over 70,000 people and is published in the south coast of England's most affluent areas. With the significant rise in the property market, Property Life is of great interest to prospective purchasers and vendors and high-end estate agents offering beautiful luxury homes.

Each month the magazine will be showcasing the best properties available on the market using the most established and respected estate agents.

Property Life magazine includes features and reviews on the latest home interior designs. They recommend where to source the most valuable home furnishings that you desire to create your dream home as well as expert advice on property development.

You will also find ideas for stunning garden designs, high quality garden furniture, awarding pool creations and well buildings; design including summer houses, garden offices and garden rooms making your outdoor dreams become a reality.

Property Life will give you the most up to date market information, financial investment knowledge and mortgage advice.

Property Life are passionate about the long and have experts on hand to answer your house queries that over.

Each month Property Life will be featuring the best pubs and restaurants in your local area to mark for that perfect sit in a cosy room or the most delicious Sunday

roast. Property Life also covers travel destinations, the perfect pet and holiday homes abroad.

Property Life has selected the most credible experts in their fields to share their knowledge with clients.

Distributed to Chichester, Aldershot, Arundel, Bournemouth, Southampton, Portsmouth, Havant, Fareham, Petersfield, Liphook, Basingstoke, Chichester, Gosport, Farnham, Poole, Salisbury, and the New Forest as well as many more towns and villages within these areas.

Distribution points to include: Estate Agents, Motels, Homeowners, Jiffy Lanes, B&Q, Lloyds Bank, Haulage and Poles, Poles, Haulage, High End Builders, Hotels plus many more outlets.

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PropertyLife

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Cinema New showing of *CineWorld* Character

Cinema Review: A Most Wanted Man

A Most Wanted Man (R)

Running time: 94 mins

Director: Jutta Koehler

Screenplay: Philip Seymour Hoffman

With: Cherie, Richard Bly Adams

Review: Wright, Gregory (Chichester)

David (Hill)



Philip Seymour Hoffman stars in a heart-stopping thriller adapted from spy novelist John le Carré's bestseller. A mysterious man arrives in modern-day Hamburg seeking help from the city's Islamic community. Turned down, he is sent to the point of death, but Gregory (Hoffman) claims to be his brother and his life is saved. He is also looking to recover his late father's mysteriously acquired fortune. Not long before he has attracted the least attention of the British, German and American security services, who are all keen to uncover his real identity. Is he a writer or a covert agent? Based on a novel by author John le Carré, most thriller fans will not agree the typical backdrop of the



Mar on Terror. Adapted by Edg of Carlsberg co-writer Andrew Bressi, Jutta Koehler follows up to 'The American' as a tense and complex tale of modern-day espionage. Philip Seymour Hoffman is cast as a naive German spy while Rachel Watson plays his volatile lover.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

For which film did Philip Seymour Hoffman win his best leading actor Oscar in 2006

- A ALMOST FAMOUS
- B CAPOTE
- C THE SAVAGES

Send your answer and include your full name, address and contact phone number to: competition@chichesterad.co.uk. Chichester winner will be selected at random. Closing time is Tuesday, 11th November 2014. The winner will be notified via text on the day that ends when we draw a name from Random Raffle Character based competition terms and conditions apply.

CineWorld Character
Chichester Arts, Chichester, PO19 1AB
01243 300 2001

Rosemary's classes dance into Chichester

THE ROSEMARY BELL ACADEMY OF DANCE has launched a new branch of the Academy, being held in Central School in Chichester.

The classes will be held on a Tuesday to include classical ballet classes for children aged 3 and an evening Pilates class for adults.

Classes will run from 5-6pm three times a week.

The schedule can be found on their website: www.rosemarybell.co.uk.

The Rosemary Bell Academy of Dance is a ballet school in Chichester and Hampshire that is structured around the ballet syllabus devised by The Royal Academy of Dance. The Academy offers ballet classes to children and young adults from ages 3 and half to adults.

At the academy they aim to provide ballet classes for children that are highly educational but also fun and energetic. Ballet classes encourage a young person's life and enhance development by building confidence, discipline and dedication. All skills learned by a young person can carry through to adult life or towards a professional career in dance. At the Academy they encourage committed study, achievement and high standards through examinations which can



New classes have started at Chichester by the Rosemary Bell Academy of Dance

be taken by children all over the world.

By choosing a Royal Academy of Dance registered teacher you are choosing a highly qualified individual dedicated to continual development and training. All ballet teachers have a full and current Criminal Record Check and public liability insurance to

protect the children in their care.

Rosemary trained at The Royal Academy of Dance in London on the ballet collection degree program attaining a degree in Dance Education and went on to complete her advanced Pilates instructor qualifications in 2000.

The Academy has been running for 3 years with a 100% successful

stage pass rate with many or dance and performance within the community and within the school are an essential part of their identity. The high level of training offered within the school has also enabled one of the students to be accepted on to The English National Ballet Company for the second year running. Students also

travelling during their ballet training career have been accepted onto the prestigious Royal Ballet summer program.

Contact the academy to arrange your child a free trial or one of their three last chance to begin your child's journey to classical ballet. Tel: 01243 300 2001 or email: info@rosemarybell.co.uk

Food & Drink

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Britons help sales of energy drinks soar to £1.5 billion this year

TRIED BRITONS will spend £1.5 billion on sports and energy drinks this year, despite the latter being linked with a host of health problems including raised blood pressure.

In the past year, 12 per cent of British people have consumed a sports drink and 41 per cent an energy drink, according to the survey by consumer watchdog Mintel.

The report also reveals 34 per cent of British people claim to often feel tired, rising to 40 per cent among women.

Three out of four people said they are more fun to be around when they're feeling energetic, rising to 80 per cent among women, while two-thirds (67 per cent) said they get irritated easily when they're tired.

But while energy drinks might provide a temporary boost, there are documented health risks.

The drinks have been associated with a number of negative effects, including cardiovascular symptoms such as an irregular heartbeat, sleep impairment, nervousness and anxiety.

A recent study carried out in the US reported on a number of cases where



excessive caffeine consumption in energy drinks had been associated with effects such as nervousness, stomach and cardiac effects.

Earlier this year the death of 17-year-old Joshua Mitchell, from Dulbury, Manchester, was linked to high-caffeine energy drinks.

Despite the health warnings, sales of energy drinks are rising, from

40.2 million litres sold in 2012 to an estimated 100 million litres projected to fly off the shelves this year.

The drinks specifically claim to provide an energy boost and support mental alertness and physical performance.

They generally include extra ingredients such as glucose, caffeine or taurine and may include other

ingredients positioned as beneficial to health, such as ginseng and various vitamins and minerals.

But experts have warned that some goods: One of energy drinks contains the equivalent of more than 12 teaspoons of sugar and 100mg of caffeine – which is about the same as in a cup of tea.

The recommended daily limit

for caffeine for adults is 400mg.

While the demand for energy drinks is growing, Mintel's research found the market for sports drinks is declining.

Sports drinks claim to improve sporting performance or to speed up recovery. Most of these drinks are labelled 'isotonic' or 'hypotonic' and are claimed to replenish and replace nutrients after exercise.

Sales were down from 275 million litres in 2012 to a predicted 260 million litres this year, falling 10 million litres by 15 per cent from 1.25 billion in 2012 to 1.1 billion over the same period.

Mintel's research also shows that sports and energy drinks are mostly consumed in the home. Less than one in five of those who drink sports drinks (20 per cent) consume them at the gym, the survey found.

Research analyst David Thompson, of Mintel, said: "The growth of the sports and energy drinks market has slowed down dramatically over the past couple of years with pricing in 2012, due to the strong sports drink market."

Glamorous catwalk shows featuring professional London models

Wedding Fayre

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A body without enzymes is like the ocean without water...

They had previously been assigned to the body position of "just another patient". But now there is an ever-growing group of quantum biologists who fully understand that while the entire physical make-up of an enzyme is protein based, the purpose of an enzyme is astounding and literally, as I say in my ebook, the spark of all life.

The evidence is irrefutable right when it comes to understanding the role enzymes play. If you look up the word "enzyme" in most medical dictionaries, it describes those substances as the catalyst of all life. Yet in chemistry, we treat our molecules and describe them as enzymes or a building block rather than the fuel that ignites life. When a sperm and egg unite, it is actually an enzyme activity that starts human life. Literally after our last breath, it is an enzyme activity that leads us to physical bodies born to once again join the work.

We should actually consider enzymes to be one of the four legs supporting the table of physical bodies the other three being hormones, oxygen, and phytochemicals. Indispensable and



Denise Kelly
Metaphysician

crucial, these elements, in the proper balance, give us maximum levels of health.

In digestive medicine, there is no question about the body being fastest electro-magnetic. The proof of this is in the digestive technology that is currently utilized in fasting clinics. MEGs, high speed CAT scans and PET scans all measure the



impulses of crystals and systems of the anatomy. Literally, due to the electromagnetic activity created by enzymes, after the digestion you are not brutal electro-magnetically, you are treated chemically.

I always state that healthy blood is a healthy person, as it is important to understand that each red blood cell has two electrons strategically placed in equal distance apart. This causes the cell to rotate in a clockwise manner, to maintain a round disc shape, and to flow freely throughout the bloodstream. This function requires an ongoing input of high frequency music. Nature's way to keep this about is by saturating fresh raw living foods with enzymes. 1946 each passing day after food is consumed, these enzymes diminish 83.33333333%. Continuing lack shows that Denise Philbrick (aka Denise Enzyme)®'s discovery of the enzyme Phosphor has broken new ground. Without our bodies there are less of thousands of chemical cells floating around at all times. When enzyme levels are adequate, enzymes can manage cells called morphogens destroy abnormal cells, keeping those numbers in check. Malignant tumors are in fact

Enzyme Rich Foods

Bran, Bananas, Beans, Berries, Broccoli, Cabbage, Garlic, Apples, Kiwi, Green Tea, Yogurt, Pineapple, Papaya, Mango

Vegetables, Grains, and Herbs

Almonds, Tofu, Spinach, Cauliflower, Garlic, Parsley, Ginger root, Cilantro, Chives, Green Beans, Potatoes, Sweetcorn, Squash, Plantain, or Hibiscus sprouts contain the most enzymes when kept in 100% humidity 24 hours per day. www.enzymes.com

Meats and Fats

Consume Phosphor. Consume this with distilled H₂O

Sea Vegetables and Algae

Chlorella, Kelp, Spirulina

responsible for enzyme incompleteness, malnutrition, protein and fat. It seems that the malnutrition process of undigested fats and proteins leads to an interference with enzyme transport severe enough to threaten life itself. So a leap part of cancer research is now devoted towards strengthening the immune system. Scientists have shown that supplementation with enzymes can increase adaptive immunity, the macrophage by 100%

and the natural killer cells by 500%.

Clearly the body without enzymes is like the ocean without water. Germany is one country that has been obsessive about its use of enzymes on the National of disease, finding that virtually all diseases can be treated by increasing or fully enzymes."

One pointed the gift of an enzyme-rich diet coupled with high-quality digestive enzymes for 30 days... because your body deserves it.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does provide consultations in three cities in West Texas. She also teaches life changing health workshops and seminars for corporate companies and various health organizations all over the world. For more information contact her at denise@chubzoid.com or call [817-778-1124](tel:817-778-1124)

Stress and anxiety relief

CAN YOU imagine your life without stress? Any level of stress leaves its mark on your mind and body. Even positive stress such as winning or the birth of a child, living with these same stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief

and is becoming increasingly popular.

Through stimulating channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. Do you will find release from physical symptoms, such as tense muscles, muscular pain

and high blood pressure which will allow you to feel refreshed and energized.

More importantly, regular acupuncture treatment is also helpful in managing your body and improve the body's immunity, so you're able to deal with the day to day stresses of life more effectively



A patient under Dr. Feng Wang's treatment



Dr. Feng Wang and Susan Wang

Alternatively, acupuncture/Chinese massage can be applied to people who have a fear of needles. However, acupuncture (needles) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat conditions can actually help detect another, more severe illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/ acupressure is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily

basis, thereby maintaining them to help you enjoy a happier and healthier life.

Dr. Feng Wang is an associate of the ACHC and has been practicing his profession for over 30 years. He has been volunteering at CancerWise in Glenview, which has helped to improve the health of many people. He also has his own clinic in Glenview, Illinois.

Hennerty Acupuncture Clinic, 4 The Chambers, 41 Chapel Street, Glenview, 60159 IL. 630 424-5330. www.hennertyacupuncture.com

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Fashion & Lifestyle

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Tom Daley makes splash as he models new fashion range

DOWN TOM DALEY has made a splash as a fashion model as he launched a new apparel outfit.

The Olympic and Commonwealth Games medalist posed in the autumn/winter collection for the Adidas NEO label, for which he is UK ambassador.

Daley was pictured as a member of London's fashion week, including Westminster Bridge, the Houses of Parliament, Southbank and Strand.

The 26-year-old sportsman, who is doing a commercial for Adidas Neo, said he is an avid fan of TV's celebrity drag show *RuPaul's Drag Race*, which he is now filming his attention on trying to compete in the *Prix de la Grande Olympique* in 2015.

Daley said of his photo shoot: "London is famous for its style, so it was amazing to shoot the new Adidas NEO label collection in some of the city's most iconic locations."

The new clothing range, aimed at 24 to 34-year-olds.



Workers in the South East favour the smart casual look in the work place

NEW RESEARCH shows workers in the South East are the second most likely in England to dress for work in a smart casual fashion.

The research, commissioned by the business in GIGAT campaign, showed that 51 per cent of South East workers wear smart casual clothes to work compared to 49 per cent nationally - the second highest in England (the highest is the North East with 52 per cent).

The data also shows South East workers like their colleagues to dress smartly, with 75 per cent thinking ripped jeans are unacceptable in the workplace, compared to 70 per cent nationally, and 55 per cent considering slogan or branded t-shirts shouldn't be worn, compared to 50 per cent nationally.

49 per cent of South East workers will preferentially judge people of work compared to 42 per cent nationally.

What asked which business leader was best dressed Lord

Alan Dagar near top of the list followed by Richard Branson, Kelly Hoppen, and Peter Jones. It seems London is a nation of traditionalists with over two thirds of workers (76 per cent) wearing a suit, uniform or smart casual attire to work with only one in ten of us feeling comfortable enough to wear what we feel like to work.

Graf Quinn, Managing Director of TM Lewis, expert James Street alterations, and "The results of this research show we wear our work clothes to demonstrate our work ethic, 30 per cent of those surveyed said they dressed to impress, showing their business residents to reflect their professional and hardworking nature."

"British fashion is coveted across the globe, and this is something which we have experienced first-hand. Thanks to support from UK Trade & Investment, TM Lewis has been able to expand into international

markets, opening more than 20 stores worldwide. I encourage employers looking to expand their business to provide professional guidance and see how they can start their support journey today."

The research comes as London Fashion Week (LFW) is in full swing. One of the highest profile fashion events in the world, it puts British fashion firmly on the global stage, with an estimated revenue of over £100m. The LFW fashion industry is estimated to support 700,000 jobs.

The business in GIGAT campaign aims to build confidence in small businesses across the country, and match their potential for success with the services that can help them grow, hire, lead and export.

To find out more about how you can grow your business today visit www.greatbusinessportal.co.uk

Old Thorns Manor Hotel, Liphook Wedding Fayre

Sunday 5th October 2014
10.30am - 3.30pm



Old Thorns Manor Hotel has been the setting for some of our largest wedding fairs in Hampshire and we are delighted to have the opportunity to host our 100th FINEST Wedding Fayre at this amazing venue.

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Come early to make the most of all the services and products on display as it is this special 100th Wedding Fayre. Celebration Event we have hundreds of pounds worth of prizes to be given away on the day. With fantastic suppliers, great deals, special offers and so much more you will be... we are sure... be truly amazed by this sensational venue and what it has to offer for your wedding day.



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**ALDWICK BAY ESTATE £448,000**

A detached character cottage situated in a private estate approx. 400 yards from the beach. The specification of this picturesque property includes g.f.h., u.p.v.c. glazing, lounge, dining room, rear sitting room, kitchen with breakfast room, shower room, four bedrooms, bathroom, separate w.c., tandem garage with utility area and garden to front and rear. CPC Rating: G

**ALDWICK £250,000**

Character house located in the heart of the historic town of Aldwick. The property is a two-story house with a red roof and a small porch. The specification of this property includes g.f.h., u.p.v.c. glazing, dining room, sitting room, kitchen, utility, w.c., bathroom, shower room, tandem garage with utility area and garden to front and rear. CPC Rating: G

**ORANGEWELL PRIVATE ESTATE £755,000**

Well presented modern detached house situated in private estate approx. 200 yards from the beach. Large South facing lounge, dining room, kitchen, utility, w.c., bathroom, shower room, tandem garage with utility area and garden to front and rear. CPC Rating: G

**ALDWICK BAY ESTATE £570,000**

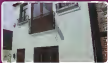
A modern detached house situated in a private estate approx. 200 yards from the beach. The property includes g.f.h., u.p.v.c. glazing, dining room, sitting room, kitchen, utility, w.c., bathroom, shower room, tandem garage with utility area and garden to front and rear. CPC Rating: G

**ALDWICK BAY ESTATE £120,000**

A modern detached house situated in the Aldwick Bay estate. The property includes g.f.h., u.p.v.c. glazing, dining room, sitting room, kitchen, utility, w.c., bathroom, shower room, tandem garage with utility area and garden to front and rear. CPC Rating: G

**ALDWICK BAY ESTATE £118,000**

A modern detached house situated in the Aldwick Bay estate. The property includes g.f.h., u.p.v.c. glazing, dining room, sitting room, kitchen, utility, w.c., bathroom, shower room, tandem garage with utility area and garden to front and rear. CPC Rating: G

**BOHNER ROAD £238,000**

A modern detached house situated in the Bohner Road estate. The property includes g.f.h., u.p.v.c. glazing, dining room, sitting room, kitchen, utility, w.c., bathroom, shower room, tandem garage with utility area and garden to front and rear. CPC Rating: G

Motors

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Britain's best used cars revealed by What Car?

THE FORD FOCUS 1.6 105 Bmw has been voted the overall What Car? Used Car of the Year for 2015.

The award, which was held at The Hurlingham Club, London, and sponsored by Mercury Direct, was attended by 40 major vehicle manufacturers and awarded 13 outstanding category winners.

This year's other winners include the Hyundai i30 Comfort (only car), Ford Fiesta 1.0 125 (small car) and the Lotus Elise (convertible).

The Honda CR-Z 1.6 Sport scooped the top car award, while the Citroen Grand C4 Picasso 1.6 HDi VTR+ was considered the best MPV.

What Car? Used Car of the Year Awards 2015 category winners:

Overall winner: Ford Fiesta 1.6 105 (small car)

City car: Hyundai i10 1.2 Comfort 105

Small car: Ford Fiesta 1.0 125 (small car)

Family car: Ford Focus 1.6 105 (small car)

Coupe: Lotus Elise 1.6 (convertible)



Best Focus 1.6 105 (small car)

Best car: Ford Focus 1.6 105 (small car)

MPV: Citroen Grand C4 Picasso 1.6 HDi VTR+ 105

Open-top car: Lotus Elise 1.6 (convertible)

Small SUV: Nissan X-Trail 1.6 (small SUV)

Large SUV: Volvo XC90 2.4 D5SE Gear 105

Executive car: Lotus Elise 1.6 (convertible)

Luxury car: Jaguar XJ 5.0 V8 (luxury car)

Family car: Honda CR-Z 1.6 Sport 105

What Car? editor Jim Bakker said: "The winning cars are all outstanding vehicles, but it is the ownership experience that matters just as much."

As What Car's Used Car of the Year, the Ford Focus 1.6 105 takes the best balance of performance and equipment for the money – and for only £10,000 you can get the most powerful version available!

As well as the What Car? experts, the panel of judges included David Green, managing director of Mercury Direct, and Neil Ashby, managing director of Trade In Dealers.

What Car? immediately Approved Used, within two years ago, as partnership with Trade In Dealers and the National Franchised Dealer Association (NFDA), being stock of more than 1,000 dealers.

As the number one destination for car buyers in the UK, every month 150,000 cars receive a million enquiries, the power Approved Used scheme attracts more than 1,000 new cars.

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Sport

Football

City back on form at Gosport

Monday 20 September 2011
South West Division One
Gosport Borough 1-2 Chichester City

CHICHESTER CITY returned to winning ways by beating one of last year's promoted sides, Gosport Borough, at the Hampshire side's first game on their new pitch at Pountney Park.

But it was at the back that Chichester showed most largely. Lesene Chisham, playing at right back, was superb throughout, but gave nothing Gosport on the back that he himself did not deserve space for other wingers. Emma Alexander captured Chichester's opportunity.

In between them, it was the same side that has traditionally been anything, the largely untested partnership of Emily Evans and Cheryl-Jessie, stepped forward to take the first half.

In the first half in particular, Evans was the epitome of calm, playing simple, but effective, balls to turn moves and always there to clear

when things broke down. The touch was not set and her perspective passing - certainly over short and mid-range - the mark of any of her previous preferences.

Jessie gave an influence in the game, passing, clearing, and controlling the ball.

Gosport, having been promoted to the South West Division One league last season, have been finding the way to lead having not registered a victory in either the league or league cup competition. Chichester began the match brightly with the fastest start since the Pountney Park, making their style of football. For all of the possession and pressure they were supplying the visitors were struggling to create their own chance with Gosport putting plenty of players behind the ball. But the opposition were when the home side tried to play set from the back and Chichester kept them at their distance third with some good pressure.

It was only a matter of time before



Chichester took the lead and the goal came after 15 minutes when Antler intercepted a pass from the Gosport winger and after passing just a couple of challenges fired a fierce shot that hit the post and went in.

Gosport were clearly aware of a goal when they set pieces, however Chichester did not look like conceding due to their organisation at the back. The central defender goalkeeper. The Pountney had very little to do in the first half apart from being a good option for his defence to play back to.

At half time approached Chichester were in one goal to the good but looking like it should have

been more.

At half time Chichester strengthened O'Brien on the right wing and it was not long before she made her first contribution. After some good work between herself and Chichester she whipped in an accurate cross, Evans crossed and the ball went in a direct header that was just wide.

Chichester continued their pressure and were denied when looked like two clear cut penalties when Evans was brought down by the home team goalkeeper followed by Antler being hit by her legs through on goal. Both chances were denied leading to much frustration from the visitors.

The Chichester away side have to wait long for their second though as a great cross from Chichester was met by an equally great run by Chichester who cut the ball and placed a shot into the net to give Chichester a much deserved second.

Shortly after the goal Chichester replaced Evans and had an almost instant impact. She received the ball on the right hand side and placed a shot across for the far post. The ball hit the post and bounced harmlessly to safety.

Chichester side then began to get forward the numbers, perhaps among them was looking to take and almost got on back. They passed a free kick that was awarded against the bar, the ball fell back into the box and Evans crossed and at her last point to score the winning rebound.

It was shortly after that Chichester got their third when Chichester scored a fine performance by making a descending run into the box before firing a shot into the net from the right hand side.

At the final whistle Chichester finished with all three goals, a credit to their performance.

The ladies are looking to build on a fine performance at home to Shildon Ladies this Sunday back at 12.15 on, Gosport Park.



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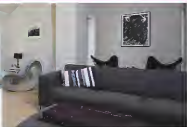
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